

Grilled Sweet Potatoes

Grilled sweet potatoes was kind of an accident. After digging up the sweet potatoes one fall, there were a lot of long, thin ones that would be difficult to slice. Since it was about time to prepare food for the grill, I decided to place them in a grill packet with butter and some brown sugar. They cooked to perfection. So soft and tender I could eat them without slicing. In fact, they were more like sweet potato fries. A second batch of accidental, grillable sweet potatoes, soon appeared, as a few vines had been forgotten with roots in the ground.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter.
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Pan:
 - Grill safe aluminum pan, or

** Grill packet

- ** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: None

Vegetables:

15 ounces of sweet potatoes (sliced), or
Several fingerling sweet potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1 tablespoon of brown sugar

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice sweet potatoes.
2. Add to grill safe aluminum pan, or * grill packet:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of sweet potatoes (sliced), or
 - Several fingerling sweet potatoes
 - Optional:
 - 1 tablespoon of brown sugar
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.